

PRACTICAL SUGGESTIONS



IN caring for infants during hot weather, great attention should be paid to the clothing. A knitted band over the abdomen, light woolen hose, a napkin and thin slip, are usually enough during hot weather. The feet should be noticed, often, and if they are cold to touch, a hot water bottle should be applied, but no blanket or quilt put over the child.

M. C. L.

USE light, woolen blankets in cold weather, not cotton bed-cloths or quilts, they are not as warm and are very heavy for a helpless infant. Use hot water bottles freely, both in winter and in summer.

M. C. L.

INFANTS should have a little cool water, that has been boiled, every three hours during hot weather. A teaspoonful of orange juice, in three teaspoons of water, fed early in the morning, is very refreshing to an infant and is sometimes useful in cases of constipation.

M. C. L.

A NEWSPAPER is authority for the statement that castor oil makes a soothing external remedy for burns, when mixed with sufficient water to form an ointment. A nurse would wish to try this remedy for herself before recommending it, though it sounds genuine. Another remedy for small burns, such as are received while cooking, is a wet dressing of household ammonia. This is almost always on hand in a kitchen and stops the pain immediately. This was first suggested to the writer by a woman physician who explained its action as being that of a local anæsthetic.

MELT a small piece of imported castile soap until it is a jelly, into this stir yellow corn meal with a silver fork until it is thick. This is excellent to use for cleansing the hands before scrubbing up for an operation or a dressing. If used often and followed by a hand lotion composed of 2 oz. glycerine, 2 oz. spirits camphor, and 6 drops of 95 per cent. carbolic, it will keep the hands soft and smooth in the coldest

weather. The soap and corn meal mixture should be prepared only in small quantities, for if it stands long fermentation will begin.

J. A. T.

PROBABLY every woman who has cooked cocoa has found the cocoa pan difficult to wash. A much tried amateur cook found that if the stew pan in which the cocoa is to be made is thoroughly wet all over, before the milk is put in to heat the milk will not adhere and it will wash easily.

As we hope the whole nursing world is about to pack its bag for a summer outing, a few travelling suggestions may not come amiss. A roll of cheesecloth squares, of the absorbent variety, will be found invaluable on a long trip to be used for washcloths, towels, handkerchiefs, dusters, napkins or for any need that arises. Several dozen occupy a very small space. A bag large enough to hold one's hat with a draw string to hang it to a hook in the train will prove a convenience. Lemon juice is a comfort when one's skin becomes irritated by dust. Beef extract or sweet chocolate may keep one from starvation when connections with dining-cars fail; it is well to have some such resource on hand. If a nurse is travelling with a bottle-fed baby for a long distance, she should not depend only on her carefully prepared food supply, but should carry also some kind of baby food that can be made with water, as no one can tell when milk may sour or ice give out.

If cheese cloth is wet it can be torn like any cotton cloth.

E. R. S.



"THE majority of cases to which private nurses are summoned are in the first instance acute ones, in which it is imperative that they should be on the spot as soon as possible. In our opinion it is just as much a part of a private nurse's duty to so order her affairs as to be able to start immediately on receipt of a call as to know her work thoroughly. She should have the bulk of the things she will require ready packed, so that she will only have to add a few toilet necessities before her box is ready."—*British Journal of Nursing*.